

# Knox County Cardiovascular Disease

February 2002

## Definition

- Cardiovascular disease refers to a variety of diseases and conditions affecting the heart and blood vessels, primarily high blood pressure, heart disease, and stroke.

## Some Facts

- Cardiovascular disease is Maine's leading killer of both men and women.
- Each year more women than men die of cardiovascular disease, but men die at a younger age.
- In 1999, 3,474 people in Maine died of heart disease and 870 died of stroke.
- **The cardiovascular disease death rate in Knox County is 336/100,000 (compared to the state rate of 323/100,000 for 1999), which is similar to the state rate.**
- **In 1999, Knox County had 185 deaths due to cardiovascular disease; 77 for men and 108 for women.**
- Approximately 29,000 hospitalizations occur in Maine each year due to cardiovascular disease.
- **There were 952 hospitalizations for cardiovascular disease in Knox County for 2000.**

## Cost Burden

- The total Maine hospital charges for cardiovascular disease in 2000 was \$437 million. Medicare or Medicaid payments covered 75% of those charges.
- Cardiovascular disease accounts for 26% of all hospital charges.
- **The total 2000 hospital charges for cardiovascular disease for residents of Knox County was \$13 million.**

Maine Department of Human Services, Bureau of Health, Division of Community Health Cardiovascular Disease defined as ICD-9 codes 390-459 for hospital charges data and ICD-10 codes I00-I78 and I80-I99 for mortality data. Mortality rate adjusted to U.S. 2000 standard. When comparing to prior mortality statistics, note age adjustment to U.S. 2000 standard and change to ICD-10 codes. A p-value of 0.01 was used to determine statistical significance as only one year of data used.



**Maine Cardiovascular Health Program**  
Bureau of Health, Department of Human Services

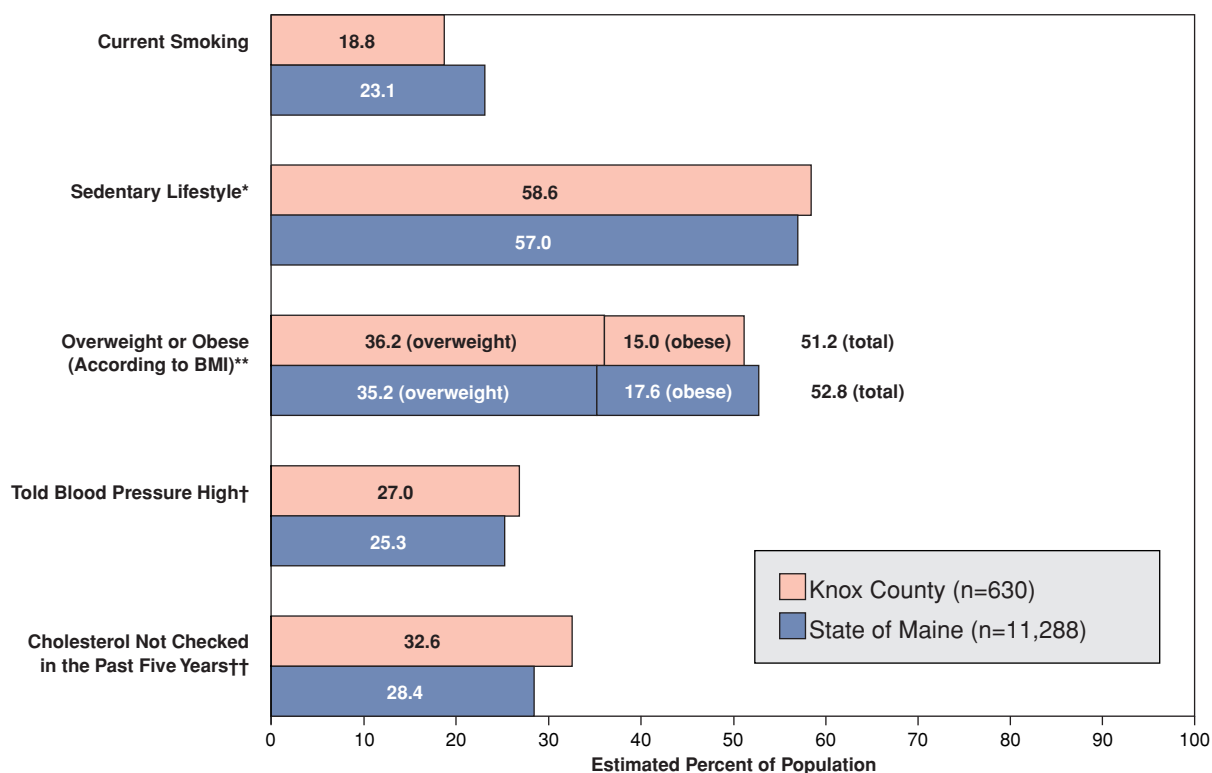
## Selected Risk Factors for Chronic Diseases Knox County

**Source: Maine BRFSS  
1996-2000**

A limited number of health-related behaviors contribute markedly to chronic diseases including cardiovascular disease, cancer, chronic respiratory disease, and diabetes:

- Tobacco use
- Lack of physical activity
- Overweight and obesity

All risk factors for Knox County are statistically similar to the State of Maine.



\*Leisure time physical activity of less than 20 minutes per day or less than 3 times per week. Data not available for 1997 or 1999.

\*\*Body mass index is 25.0 to 29.9 for overweight and greater than or equal to 30.0 for obese.

†Ever told by health care provider blood pressure high. Data not available for 1998.

††Data not available for 1998 or 2000.

**For general information call: 207-287-5388**  
**Technical questions related to statistical methods should be directed to:**  
**Judith Graber, 207-287-1420, [judith.graber@state.me.us](mailto:judith.graber@state.me.us)**



**Maine Cardiovascular Health Program**  
 Bureau of Health, Department of Human Services